

Anti-bullying policy

Written by children for children.



Our school motto:

Treat others as you would like to be treated.

This means:

If you would like people to be kind, respectful and make you feel included in our school community, then you should treat other people like that yourself.

What is bullying?

Bullying is an unkind or hurtful action that is repeated more than once.

Hurtful actions can be:

Physical

Verbal

Emotional

Cyber/Online

What should I do if I think I am being bullied?

Tell an adult in school and parents

Ask a friend to help you tell an adult

Tell the bully they are hurting you- they may not know

Walk away and find good friends

Show kindness to the bully and remind them of our school motto.

What shall I do if I see someone being bullied?

Don't argue with the bully and cause another argument.

Tell an adult it is happening

Show support for the person being bullied. Let them know they are not alone.

What if I think I might be a bully?

Try and put yourself in the other person's shoes and understand how they feel.

Ask others if your actions are unkind

Ask for help

Say sorry